The Dog Caller

Volume 24 Issue 5 Spiro High School 600 West Broadway Spiro, Oklahoma 74959 February 26 2025-2026



Zoos: Conservation or Captivity?

By Aven Sebren

Zoos have long been a subject of controversy, raising questions about whether they serve as sanctuaries of education and conservation or prisons for innocent wildlife. Supporters argue that zoos protect endangered species, fund research, and provide people with opportunities to learn about animals they might never encounter otherwise. Yet critics counter that confining creatures to enclosures—no matter how carefully designed—cannot replicate the freedom and complexity of their natural habitats. Many animals in captivity suffer from stress, boredom, and shortened lifespans, raising ethical concerns about prioritizing human entertainment over animal welfare. As society grows more aware of animal rights, the debate over whether zoos are necessary or cruel continues to divide opinions.





Animal Testing

By Layla Tobler

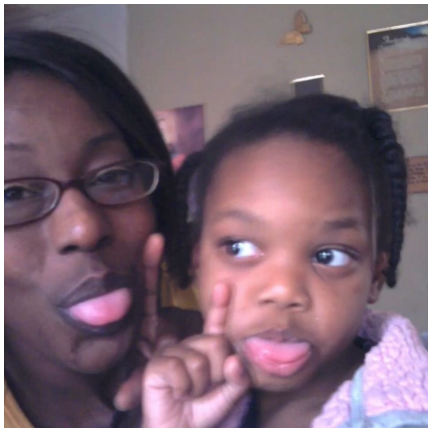
Animal testing has long been a deeply contentious issue, with proponents arguing that it is essential for medical and scientific advancement, while critics view it as an inhumane practice that prioritizes human benefits over animal suffering. While some claim that animal testing has led to life-saving drugs and treatments, others point out that many of these experiments are cruel, unnecessary, and often unreliable, as animals are biologically different from humans. Furthermore, advances in technology—such as cell cultures, organ-on-a-chip models, and AI simulations—offer potential alternatives that could make animal testing obsolete, rendering the practice not only morally questionable but also scientifically outdated. Ultimately, the debate raises fundamental questions about the ethical boundaries of scientific progress and whether human convenience should ever justify the torment of other sentient beings.

Page layout by Miranda Duvall

Laylah Nichole Steele

Senior Spotlight
By Montana Duvall

Laylah Nichole Steele was born on April 4th, 2008. She has been involved in basketball (4 years), track (4 years), FCA (4 years), and FCCLA (1 year). Her hobbies/interests include painting, reading, and hanging out with the gang (her friends). When she was a child, she wanted to be a nurse. Her plans after high school are to go to college and get her RN license. Her biggest pet peeves are hypocrites and narcissists. Her most prized possessions are her mom and her bear Bob. If she had to describe herself in one word, she says it would be "funny." A quote she likes is, "You gotta be honest with yourself." Her favorite memory of high school was dressing up on Spirit Day. Her favorite color is pink, her favorite TV show is *SpongeBob*, her favorite musical group is *TLC*, her favorite song is *"Come As You Are*," her favorite movie is *See No Evil, Hear No Evil*, and her favorite food is Steven Specials. Her advice for underclassmen is "What you think you like or what you think you wanna do is going to change, and that's okay. Be open to new things and experiences."



2025-2026 Dog Caller Newspaper Staff

Editor-in-Chief……..Alyssia Nuzzi
Editor…….Montana Duvall
Assistant Editors.….Robyn Gregory & Aven Sebren
Issue 5 Page Layout Designer…Tati Bell/Alyssia Nuzzi
Advertising Manager…. Ashton Wind
Circulation Manager….. Eiana Graham
Student Senate Representative…Ashton Wind
Photographers……. Layla Tobler
Advisor……..Mrs. Kasandra Lovell

Staff Reporters:
Tati Bell
Irma Guerrero Santiago

Travis Moody

Senior Spotlight
By Montana Duvall

Travis Moody was born on February 7th, 2008. He has been involved in basketball (4 years). His hobbies and interests include hanging out with friends and family. When he was a child, he wanted to be a bull rider when he grew up. His plans after high school are to work. His biggest pet peeve is double-dipping. His prized possession is his phone. If he had to describe himself in one word, it'd be spectacular. A quote that he likes is, "You miss every shot you don't take." - Kevin Durant. His favorite memory in high school was the freshman year football games. His favorite color is blue. His favorite TV show is *Stranger Things*. His favorite musical group is *Treaty Oak Revival*. His favorite song is *Sober* by *Gavin Adcock*. His favorite movie is *Interstellar*. His favorite food is steak. And his advice for underclassmen is "All you need is one or two good friends."

Telephone (918) 962-2466
spirofamilydental@att.net
www.spirofamilydental.com
Text us at (918) 213-4456

OFFICE HOURS
BY APPOINTMENT
8-4 Mon, Tue, Thur
7-2 Wed

SPIRO FAMILY DENTAL
Keifer L. Fisher, D.D.S

318 West Broadway
Spiro, Okla. 74959

Simple Simon's Pizza

918-436-2540
103-2 S. Pocola Blvd.
Pocola, OK 74902

Band

By Alyssia Nuzzi

THE PRIDE OF EASTERN OKLAHOMA COMPLETES THEIR MARCHING SEASON. The Spiro High School Marching Band's "Island Escape Tour: The Music of Jimmy Buffett" was this year's competitive show, featuring hit charts "Cheeseburgers in Paradise," "Changes in Latitudes, Changes in Attitude," "Volcano,o" and "Margaritaville" by the late Jimmy Buffett. The band has been competing on the marching field over the past three weeks. They started on September 20th in Haskell, OK, competing in Class 3A against fifteen other bands. The next week, they traveled to Eufaula, OK, for the Ironhead Invitational, facing nineteen bands from Class 2A to Class 4A. They qualified for finals and finished sixth overall. Their final competition was this past weekend in Charleston, AR, against seventeen bands from both Arkansas and Oklahoma."The marching season commences well before the start of school for our band members. We began marching fundamentals on July 18th, involving all our rookies and second-year members. Subsequently, the entire band met for music and marching rehearsals on July 21st and concluded on August 1st. After the start of school, we continued in daily rehearsals, beginning at 6:50 a.m. I am immensely proud of the students and our program for the significant progress that has been achieved over the past three months," stated Amy Cumpton, head director. Mrs. Cumpton continued stating she is looking forward to the continued improvement of the young band, as about 70% of the members are current 8th & 9th grade students. The accolades achieved from this marching season are:

Haskell Invitational:
Class 3A Blue 3rd Place Field
Ironhead Invitational:
Prelims: Class 3A Maroon 1st Place Field & Outstanding Percussion
Finals Competition: 6th Place Overall
Dale Bumpers Invitational:
Class 3A: Field Competition Superior Rating
Class 3A: Percussion - Superior / Colorguard - Superior
Voted as "Fan Favorite" of the day



The band will continue their endeavors as they now set their eyes on district & all-state honor band auditions, the LeFlore County Veterans Day Parade, and continued support of Bulldog Football for all home and away games. The band is under the direction of Head Director Amy Cumpton, Assistant Director Mark Anderson, and Color Guard Director Lindsey Kenner.

School Lunches

By Mark Nuzzi

School lunches are meant to feed students while they're at school and to make sure that they feel full until they get home. While this is mainly what happens, it had some major changes to its design in 2010 due to Michelle Obama's Healthy Hunger-Free Kids Act. While having the role of first lady, Michelle Obama aimed to reduce the risk of childhood obesity and to improve the overall health of young children. Her advocacy for the Healthy Hunger-Free Kids Act led to substantial changes across the nation. The act held school lunches to a higher nutritional standard than they had been held to before. While some kids don't like eating healthier options such as vegetables and fruit, the healthier school lunches led to a major decrease in obesity in young people.





Page Layout Tati Bell

TCSB...with you every step of the way!



TCSB TEEN CHECKING AGES 13-17

- $25.00 MINIMUM TO OPEN
- DEBIT CARD, MOBILE & ONLINE BANKING
- $3.00/MO. FEE WAIVED WHEN ELECTING E-STATEMENTS

TEEN CHECKING REQUIREMENTS:

- GOVERNMENT ISSUED ID OR DRIVER'S LICENSE
- SOCIAL SECURITY CARD
- SIGNED INDEMNIFICATION AGREEMENT FROM PARENT OR GUARDIAN (BANK PROVIDED)

617 W. BROADWAY · SPIRO, OK 74959
918-962-9911 · 918-647-8101
www.thecommunitysb.com

The COMMUNITY STATE BANK Member FDIC

"We build relationships by adding value to the people we serve."

Patrick Dempsey (80s actor)

By Nakaya Hogan



Patrick Galen Dempsey is an American actor and driver best known for playing neurosurgeon Derek Shepherd in Grey's Anatomy. He has been a leading man in romantic film roles, such as Enchanted. Dempsey has received nominations for a Primetime Emmy Award and two Golden Globe Awards, and was named as People's Sexiest Man Alive in 2023. Dempsey started his career acting in films such as Can't Buy Me Love (1987) and Loverboy (1989). He has since starred in several romantic comedy films such as Sweet Home Alabama (2002), Made of Honor (2008), Valentine's Day (2010), and Bridget Jones's Baby (2016). Dempsey has also taken dramatic roles in Outbreak (1995), Scream 3 (2000), Freedom Writers (2007), Transformers: Dark of the Moon (2011), Thanksgiving(2023), and Ferrari (2023). He starred in and produced Flypaper (2011) and The Art of Racing in the Rain(2019). Dempsey, who maintains a sports car and vintage car collection, enjoys auto racing in his spare time. He has competed in events such as the 24 Hours of Le Mans and Daytona events in sports car racing, and the Baja 1000 in rally-raid. Before the 2013 Le Mans, Dempsey declared that he would "walk away" from acting if he could and dedicate himself full-time to driving.

ALL ABOUT U
REAL ESTATE

HUNTING | RANCH | LAKE | HOME

"Where it is all about You!"



Broker Melissa Craig 918-658-4476

James West 405-268-2684

Mary West 405-268-2700

Gunner West 918-839-2402

Brent Lovell 479-650-9242

Lee Baldogo 479-650-3930

WWW.ALLABOUTULAND.COM

Thank you to our advertisers for your support of The Dog Caller !

Tutankhamun: The Boy King Who Restored Egypt's Traditions



By Montana Duvall

Tutankhamun, also known as Tutankhamun, was an Egyptian pharaoh who reigned from approximately 1333 to 1323 BC during the late Eighteenth Dynasty of ancient Egypt. Although his reign spanned only about ten years, Tutankhamun has emerged as one of the most renowned rulers in history, largely due to the remarkable discovery of his nearly intact tomb in 1922 by British archaeologist Howard Carter. Born as Tutankhaten, which translates to "Living Image of Aten," Tutankhamun ascended to the throne as a child around the age of nine. His original name reflected the significant religious upheaval initiated by his probable father, Pharaoh Akhenaten, who radically altered Egypt's polytheistic beliefs by promoting the worship of a single deity, Aten, depicted as a sun disc. This religious shift, known as Atenism, disrupted centuries-old traditions and weakened the power of traditional priesthoods. Recognizing the societal turmoil caused by these changes, young Tutankhamun and his advisors endeavored to restore the religious and cultural balance of Egypt. He notably changed his name to Tutankhamun, meaning "Living Image of Amun," in tribute to one of Egypt's preeminent traditional gods, Amun. This name change symbolized a restoration of the worship of Amun and a rejection of his father's innovations. Tutankhamun initiated a series of reforms that reinstated the polytheistic practices of his ancestors. He reopened temples that had fallen into disrepair, revived ancient rituals, and shifted the capital back to Thebes, effectively signaling a cultural renaissance for ancient Egypt. Despite his young age, Tutankhamun played a crucial role in stabilizing the nation following the chaos of Akhenaten's reign. He is believed to have died under mysterious circumstances at around eighteen or nineteen years old, and although his death marked the end of the royal line established by Akhenaten, it paved the way for a return to traditional practices. The discovery of Tutankhamun's tomb in the Valley of the Kings revealed a trove of breathtaking artifacts—his iconic golden funerary mask, elaborately decorated chariots, exquisite jewelry, and various ceremonial items—offering invaluable insights into the wealth, artistry, and spiritual beliefs of ancient Egyptian civilization. While Tutankhamun may have been a relatively minor ruler during his lifetime, his legacy has transcended time. As a symbol of a boy king who contributed significantly to the revival of Egypt's ancient faith, he remains one of the most iconic figures in the annals of history, capturing the imagination of people worldwide.

SPIRO TAG AGENCY
Gina Grant
Licensed Operator
800 WEST BROADWAY
SPIRO, OK 74959
918-962-2293
PHONE & FAX
EMAIL: spirotag@att.net
OPEN THRU LUNCH
9:00-5:00 MON-FRIDAY
• Tag Renewals & Title Transfers
• Drivers Licenses & State Ids
• Notary Public
• Voter Registration

1106 E Broadway St, Spiro, OK 74959
Group/Team Discounts!
Mazzio's PIZZA • WINGS
Phone: (918) 962-9999

Chuck's Pawn Shop
100 E Broadway
Spiro, OK 74959
918-962-2222
402 West Main
Stigler, OK 74462
918-967-8312

DCS
Dylan's Computer Service
918-721-0305
DylansComputer.com

Page Layout Tati Bell

Living Life Through a Screen

By Aven Sebren

Social media is a huge part of most teenagers' lives today. We use apps like Snapchat, Instagram, TikTok, and others to talk to friends, share our lives, and see what everyone else is doing. While social media can be fun and help people stay connected, it also has some negative effects that a lot of us don't think about. One problem is that social media can make people compare themselves to others. Everyone posts the best parts of their lives, and it's easy to feel like you're not good enough when you see perfect pictures or fun trips all the time. It can also be distracting; sometimes, people spend hours scrolling instead of doing homework or hanging out in real life. On the other hand, social media isn't all bad. It can be a place to express yourself, find new interests, and meet people with the same hobbies. The key is learning to use it healthily and not letting it take over your life. Social media can be a good thing, but only if we remember that what we see online isn't always the full story.



The Downward Spiral of Britney Spears

By Kaleb Bell

In 2007, Britney Spears, once the epitome of a pop princess, shocked the world with a very public breakdown that became one of the most talked-about moments in entertainment history. The pressure of fame, constant media scrutiny, and personal struggles all seemed to catch up to the 25-year-old singer, leading her to unravel in front of the camera lenses. Just months after her split from husband Kevin Federline and a bitter custody battle for their young sons, Britney's behavior became more erratic. In February, she made headlines when she shaved her head at a salon in Los Angeles, a moment caught on film by paparazzi and shared across the globe. It wasn't long before she was photographed attacking a photographer's car with an umbrella — an image that would become a symbol of her unraveling. Behind the scenes, Britney was dealing with a mix of exhaustion, postpartum depression, and substance abuse issues. Despite attempts at rehab, things only seemed to get worse. By early 2008, she was placed on psychiatric hold multiple times, and her family stepped in to take control. That same year, her father, Jamie Spears, was granted a conservatorship that gave him control over her finances and personal life. It would last for nearly 14 years. Though Britney eventually bounced back, releasing albums like Circus and doing a Vegas residency, the events of 2007 remain a stark reminder of the intense toll fame can take on a person. The price of global stardom is sometimes more than anyone can bear.

Ashley Rogers
Executive Broker - AR
Sales Associate - OK
Rental Property Manager
Office : 918-962-9484
Cell : 479-651-7891
Address : 100 S Ash Street
Spiro, OK 74959
Email: ashleymrr20@gmail.com



Page Layout Tati Bell



Accepting Cruelty

By Tatianah Bell

Why is it that in some relationships, people tolerate and accept physical, mental, or psychological abuse? What you tolerate directly correlates with your self-esteem. If you have low self-esteem, you'll tolerate abuse more than someone with high self-esteem. As written by Stephen Chbosky in *The Perks of Being a Wallflower*, "We accept the love we think we deserve." It has been proven that abuse victims suffer from low self-esteem, which is why they will excuse and even blame themselves for the abusive behavior of their partner. Abusers feed on this fact. They tend to target those with low confidence due to them being easier to manipulate and hurt. Abusers may play big and strong. However, they lack just as much self-esteem as their victims. Feeling inferior, they strive to bring someone down along with them and raise their own ego by hurting and weakening others. This gives them the power trip they seek. This abuse is firmly rooted in power dynamics. Abusers tend to feel a need to assert control over their partners, filling in for their feelings of inadequacy with aggression. If self-esteem is not recognized as the root cause of abuse, it is even more likely to occur again and again. Low self-esteem can lead to a constant feeling of inadequacy or rejection. To make up for this inadequacy, abusers might resort to exerting control over their partners through manipulation and even violence. It's a pitiful attempt to acquire a sense of power and ego.

The Spiro Graphic

Local News & Sports Weekly

John Clark
Managing Editor/Advertising Sales

212 S. Main
P.O. Box 190
Spiro, OK 74959

Phone: (918) 962-2075
Fax: (918) 962-3531
Email: spironews@yahoo.com



Page Layout Tati Bell

"Since 1907"
Mallory-Martin
Funeral Home and Crematory

112 N. Main Street
P.O. Box 530
Spiro, OK 74959

Phone (918) 962-2555
Fax (918) 962-5496
malloryfh@gmail.com

Spiro • Stigler • Sallisaw • Keota • Quinton • Porum
www.mallorymartinfuneralhome.com

Prom Night

By Nakaya Hogan

Prom night is a milestone event, a night of celebration and memories that often marks the transition from high school to the next phase of life. For many, it's an evening filled with anticipation, excitement, and a touch of nostalgia. The planning, the outfits, and the dates all contribute to the build-up, making prom a unique, memorable experience. At its heart, prom is a social ritual. It's a chance to celebrate friendships and achievements with classmates. The dance floor becomes a space where everyone comes together, sharing laughter and creating bonds that can last a lifetime. Beyond the music and dancing, prom offers a sense of unity, a feeling of belonging that is especially significant during the final year of high school. However, prom is more than just a party; it's a rite of passage. It symbolizes growth, maturity, and the closing of one chapter while eagerly awaiting the opening of another. As students dress up, dance, and celebrate, they are also acknowledging their journey through adolescence and embracing the future with hope and enthusiasm. Making it an unforgettable experience for all who attend. So remember, have an amazing night at prom and don't let anyone ruin it. Yes, there might be some tears that fall at the end of the night because it's marking a door that's closing, and you will be leaving your friends who are in a lower grade than you, but just know it's just opening a new door to make more memories.

Spiro Nursing Home
401 S. Main Street
Spiro, OK
74959
Administrator
Garon McClure
"24 Hour Nursing Care"
Office: 918-962-2308 Fax: 918-962-2033

SSB BANK
SPIRO TALIHINA TULSA
Modern banking. A century of trust.
Visit SpiroStateBank.com to learn more. Member FDIC

Bugatti Elegance Personification

By Kaleb Bell

When you hear about expensive cars, you think Lamborghini, Ferrari, Porsche, Bentley, Rolls-Royce, and many other brands, but a brand that most haven't heard of is Bugatti. It is a French company founded by Ettore Bugatti in Molsheim, France, in 1909 that specializes in making hypercars that break records and reach new heights every time a car is made. Each car is handcrafted in Molsheim, France, at the company's historic headquarters and production facility. All modern Bugattis are hand-assembled in the "Atelier," a state-of-the-art facility located next to the château in Molsheim. The company quickly gained recognition for its performance vehicles, such as the Type 13, which began the brand's long history of racing success. Then they dominated the racing world in the 1920s by significant racing victories, with the Type 35 winning 2,000 races. Bugatti also introduced luxury models like the Type 41 Royale in 1926 and innovative designs like the cigar-shaped Type 29/30, which featured an eight-cylinder engine and hydraulic brakes. Then, in the 1930s-40s, the Great Depression greatly impacted sales, leading to a financial struggle. To not go under, Bugatti secured government contracts to build high-speed railcars, powered by the same engine used in the Type 41; they even built boats and airplanes. Post-war was not a good time for Bugatti; the founder, Ettore Bugatti, died in 1947, and his son, Jean, had passed in 1939, so no heir would continue the legacy of Bugatti. This led to the cessation of the production of their cars for several decades. Then, in the 1990s, an Italian entrepreneur revived the company with the introduction of the EB11 supercar in 1991. The brand is currently owned by the Volkswagen Group, which continued its legacy with models like the Veyron and Chiron.

72%

Percentage of people who eavesdrop.

Being Kind

By Rylee Ashley

In a world that often feels busy and stressful, kindness might seem like a small thing, but it can make a huge difference. A simple smile, a kind word, or helping someone in need can brighten someone's day more than we realize. Kindness doesn't cost anything; it can change how people feel and even inspire others to do the same. Being kind helps create stronger connections between people. When you show kindness, it builds trust and respect. For example, helping a classmate who's struggling or standing up for someone who's being left out can make your school a better place for everyone. These small acts might not seem like much, but they create a more positive and welcoming environment. Kindness also benefits the person showing it. When you're kind to someone, that act will come back to you and can help you in the long run.

Proud supporter of our Spiro Bulldogs!

Arklahoma Family Insurance Agency, LLC

Come see us for all your insurance needs!

Address
515 W Broadway
Spiro, OK 74959

Phone:
918-962-3700

Email:
afinsurance@hotmail.com

Auto, Home, Life, Motorcycle, Boat, Commercial, etc.

We are an independent agent with many options to choose from.

Page Layout Tati Bell

Women In Power

By Robyn Gregory

Women can often be underestimated. However, the belief that women are weak and incapable is just not true. There are many cases of powerful women throughout history, one of which is Hatshepsut, a pharaoh of Ancient Egypt. Hatshepsut ruled for 21 years, from 1479 to 1458 BCE. She was one of the few women who assumed the full power and regalia of a male pharaoh in history. Hatshepsut was the daughter of Pharaoh Thutmose I and his wife Ahmose. She married Thutmose II, her half-brother, but he died after a short reign as pharaoh. Thutmose II had a son, Thutmose III, who was an infant when his father died. Hatshepsut served, at first, as a regent for her stepson, but eventually declared herself as pharaoh with the help of high-ranking officials. Hatshepsut's reign was known for being largely peaceful and had ambitious building projects, as well as successful trade expeditions. Hatshepsut had hundreds of construction projects throughout Egypt, her most famous being a mortuary temple at Deir el-Bahri. Another example of a powerful woman who came after Hatshepsut is Lagertha. Lagerthat was a famous Viking shield-maiden and ruler. Scholars debate whether she was a real historical figure or whether she was a legend. Either way, she is a great example of a powerful woman. Lagertha was a highly skilled and fierce warrior from what is now known as Norway. She joined the legendary Ragnar Lothbrok in a battle to avenge the death of his grandfather. Commanding a force of women, she turned the tide of a crucial battle and earned the admiration of Ragnar. Ragnar married Lagertha, though he later divorced her to marry a Swedish princess. However, Ragnar later needed help in a subsequent war, and Lagertha came to his aid with 120 ships, securing his victory. She then returned to her new husband's kingdom and murdered him to rule independently. Whether she was real or a myth, she serves as a symbol of female strength and power. An example of a powerful woman in the medieval period is Razia Sultana. Razia Sultana was the first and only female Sultan of Delhi. Her reign extended from 1236 to 1240. Razia was the daughter of Sultan Shamsuddin Iltutmish. She was exceptional in her administrative and military capabilities, causing Iltutmish (her father) to designate her over his sons as his successor. After her father died and her brother reigned for a short, chaotic period, she overthrew him, claiming the throne with the support of Delhi's general populace. Although Razia only reigned for four years, she had many significant achievements. She proved to be wise and just in her ruling, wore men's robes rather than the traditional female attire, held an open court, and led her armies into battle atop an elephant. She also created schools, academies, public libraries, and research centers, helping educate her people. She even improved public infrastructure. She also abolished the Jizya tax on non-Muslims. Despite being later captured by Ikhtiyaruddin Altunia and killed by her brother, she was, and remains, a symbol of courage and defiance for all women. Women continue to show their power and abilities in modern times, even today. One example of this is Ruth Bader Ginsburg. Ruth lived from 1933 to 2020. She was a lifelong advocate for gender equality and was the second woman to serve as an Associate Justice of the U.S. Supreme Court. She is known for her fierce intellect, strategic legal approach, and powerful dissents. Before starting her judicial career, Ruth was the director of the ACLU's Women's Rights Project in the 1970s. She argued six gender discrimination cases before the Supreme Court and won five of them. President Bill Clinton nominated Ruth for the Supreme Court in 1993, and she served for 27 years, until her death in 2020. Ruth later became known for her forceful dissents in cases where she disagreed with the conservative majority. Despite facing major gender discrimination in her early career, Ruth Bader Ginsburg proved that women could do jobs just as good as men, and that women had power of their own. These are just a few of the many powerful and influential women throughout history.





Closed Saturdays & Sundays

Monday-Friday
6:00 am - 1:00 pm

520 W Broadway St
Spiro, OK 74959

Page Layout Tati Bell

Did You Know?

Polar bears have black skin! In fact, their fur isn't actually white, it's see-through so it only appears white due to the light reflecting off of it!

What Mama Tells Me

By Eiana Graham

"You're gonna lose all the friends you make in high school. No matter how close you may be, something will happen, and they won't be around anymore." My mama tells me this all the time. I used to not believe her. I used to think, "Oh, that will never happen to me. I'm good friends with a lot of people, and we're going to keep in touch for the rest of our lives." Reality really has a way of waking you up. It has a cruel way of changing how you think about things, your perspective on everything you thought you had figured out. I'm going to be honest, it stinks. It really, really stinks. It also hurts like crazy. I feel like it hurts more than anything else in the world. I mean, I always knew that friends would come and they would go. They always do. I'm still trying to realize that your true friends are the ones who stay, despite everything you've been through or what you've done. My mom tells me that the real friends I will make will be the ones in college. Maybe that's the case, but I hope that I still get to keep some of the ones I have now.



Thankful

By Ashton Wind

When you think of the word thankful what do you think of? Friends or family or maybe even something you own that helps you a lot? While these are good things to be thankful for, it's also very important to remind yourself that no matter what you have or what you don't, it's important to realize that one should be thankful for how fortunate they are and how thankful they should be for being in a position to have the things they have or want. We need to remind ourselves that the things we have are also something that some people would do anything for so don't take your things for granted and be thankful for what you're allowed to have and not have.



Guanajuato
Mexican Restaurant
511 West Broadway
Spiro, OK 74959
918 962 8076

Nature

By Irma Guerrero Santiago

Nature is nice. You go outside, and there's grass, trees, sky, maybe a bird flying around. It feels good to just be there. You don't have to do anything special. Just walk, sit, or look around. It's quiet, but not boring. There's always something moving: a leaf, a cloud, a bug doing bug stuff. Sometimes we stay inside too much. Phones, TV, work, whatever. It gets loud in your head. But then you go outside and it's like, oh, this is better. The air feels fresh. The sky looks big. Your brain calms down a little. You don't need a big forest or mountain. A tree in the park works. Even a little patch of grass feels nice. Just being around nature helps. It reminds you that the world is still spinning, even if your day is weird. Nature isn't trying to be perfect. It's messy, kind of random, and full of surprises. That's why it's cool. It's real. It doesn't care what you look like or how your day's going. It's just there. Go outside. Touch a tree. Watch the sky. Let the wind hit your face. Nature's not fancy, but it knows what it's doing.



Freedom of Speech, Not of Consequence

By Tatianah Bell

As of certain recent events, it has come to my attention that people use the phrase "freedom of speech" liberally. What does the phrase actually mean? Freedom of speech is the right of a person to articulate opinions and ideas without interference from the government. Threats of violence, defamation, incitement, obscenity, and inappropriate words about minors are not protected under the First Amendment. However, the First Amendment does not apply to companies and employers, as this is a private action. For example, if someone were making hateful posts about a politician, even saying that they wish harm upon them, their employer has the right to fire them. As an employee, you are a representation of the company you work for. If your representation is negative, they are allowed to let you go. This is common knowledge. So, why are people surprised when they're fired? People have become entitled and believe they are free of consequences. That you can say anything, no matter how vile or disgusting, and have no repercussions. This is simply not true. There is a time and a place for everything, and your words have consequences. Do not get mad if you are met with the consequences, as you reap what you sow. I do believe you are free to have your opinions, but there comes a point in time where you must realise that what is said is not just an opinion but an example of your character.

BIG D'S TRUCK STOP
Fuel, Food, Bait
Big D'S
19988 US-59
SPIRO, OK
918-992-6333
BIGDSSTATION.COM

Tammie Christensen - Agent
900 W. Broadway
Spiro, OK 74959-2458
TRChristensen@ShelterInsurance.com
ShelterInsurance.com/TammieChristensen
P 918-962-2445 (Call or Text)
C 479-650-1400
SHELTER INSURANCE
AUTO • HOME • LIFE



Page Layout Tati Bell